



Brief

Design as a tool to improve and have a positive impact on mental health. Designing a system which helps the suspected users open up about their emotions. Using humor and entertainment as themes to provide solutions to the mental health issues.

Situation

Mental health is one of the major concerns specially among the younger generations. India is a country with majority of young population and the escalating numbers of suicides, depressions, anxiety disorders, and other mental health problems are proof to the need for solutions to prevent people from getting into the negative head space. The main concern is to get the suspected patients open up about the true emotions they are going through. Opening up about the problem itself saves a lot of time and becomes part of the solution.

Scope

Refresh consists of an interactive product and an app that acts as a platform for the users to distract and engage. The aim is to develop systems which rather than working towards asking about the common symptoms, works towards letting the user open up about the exact emotions.



- Mental wellness
- Emotions
- Entertainment
- Humor
- Distract and Engage
- Opening up

Research

Primary research in the form of a questionnaire.
Getting views on topics of mental health, entertainment, and humor.

Insights:
Gives the basic idea of what points to focus on for the digital side of the end product.
Music, reaching out to friends and family are the points that were highlighted for a solution.

Responses (58)

(81.3%) believe there are ~~common~~ uncommon emotions

first attempt to find out abt. the same → ~71/1 talking to friends/fam
~21/1 web search

(62.8%) would tag out the existing apps

26.3% find them more useful

(37.8%) found them less useful

(56.3%) found it harder to express exact emotions

Platform for personal sharing space

39.6% Yes

34.8% Yes

20.8% No

Contents

found refreshing on digital/sm pfs

People rely less on sm to find/search funny content

Other means of ent?

- Music
- Family/Friends

(Majority of people indulge in a funny convo with self)

entertainment size just for you?

56.3% Yes

38.4% Not sure

5.3% No

Type of humor appreciated

- Being funny in any given condition
- Mockery (between friends/friendly)

Majority of people find such questionnaires easy, less confusing, interesting, relevant

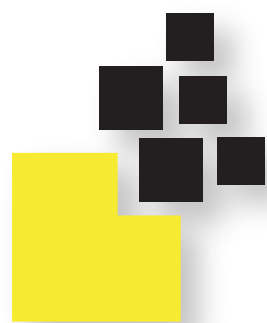
(68.8%)

20.8% feel there are better options possible

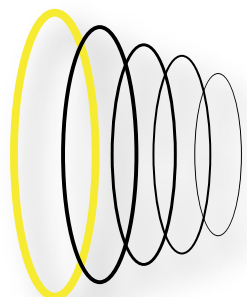
Random phys. objects

- Phone
- Pen
- Saffron
- Wine

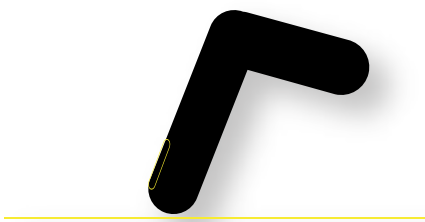
Research



Destructive therapy



Sound therapy



Touch therapy



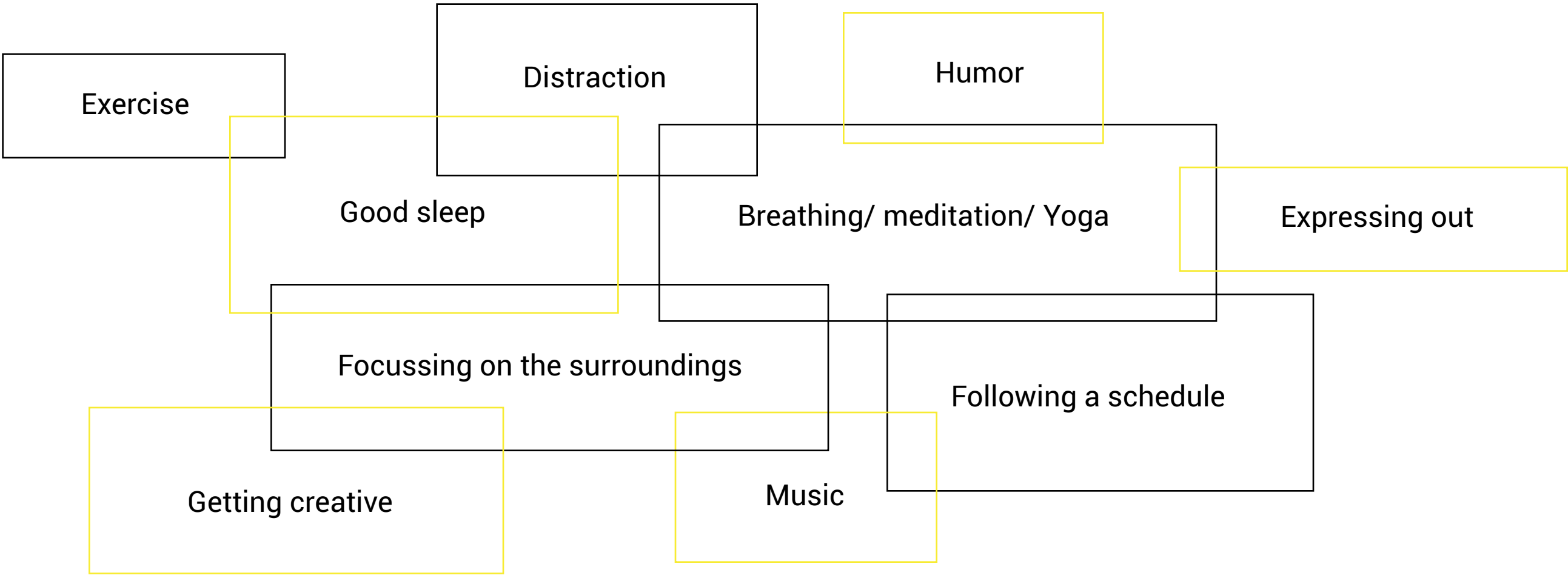
Color therapy

For the physical end of the end product.
These proven methods are used for reducing stress and anxiety levels among people.

Coping methods used

Before getting any kind of a professional help from the doctors, people tend to go for the self help options available at hand.

These are some of the basic options that can be followed on an individual level and doesn't require any external help.



De-stress cube

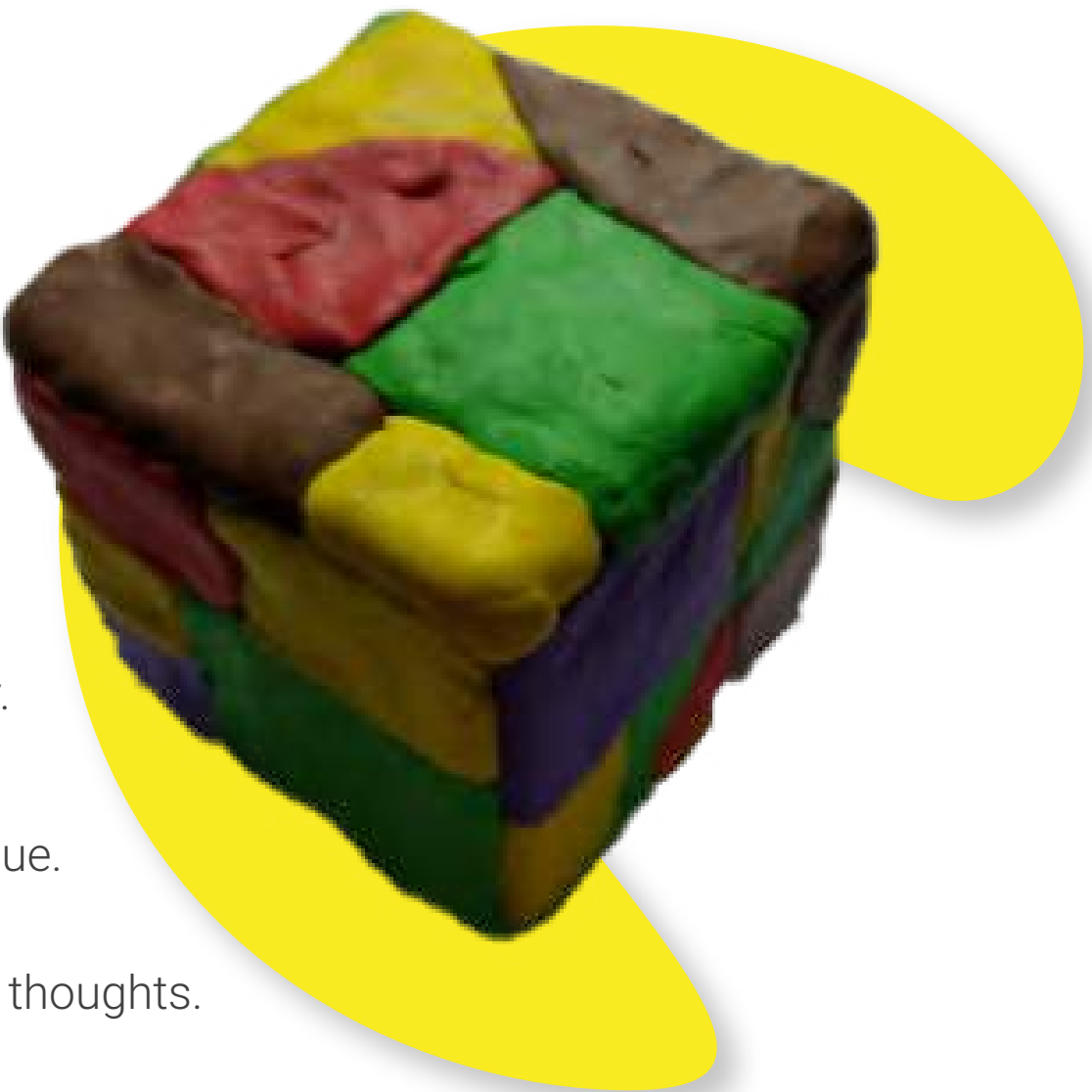
An engaging product that helps reducing stress and anxiety levels.

A stress cube that focuses on destructive, touch, color therapy.

It is a temporary but creative and fun way to deal with the issue.

It keeps the user busy and thus distract them from the possibility of negative thoughts.

A compact object that fits in your hand.



Rough modelling

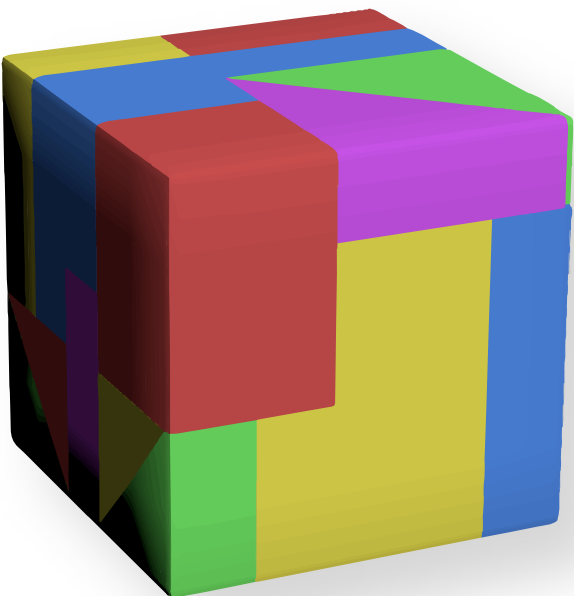


Destructive therapy

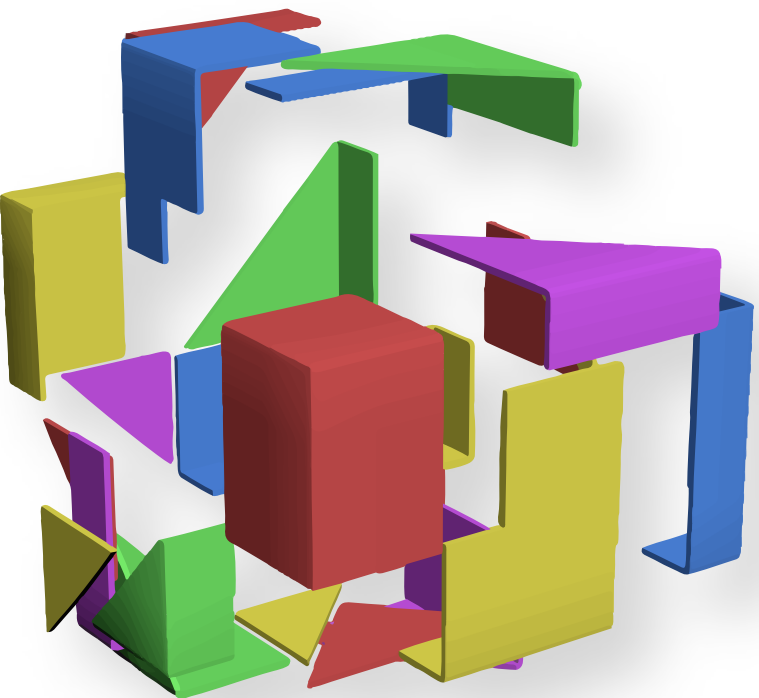


The user can relieve stress by throwing and breaking open the cube.

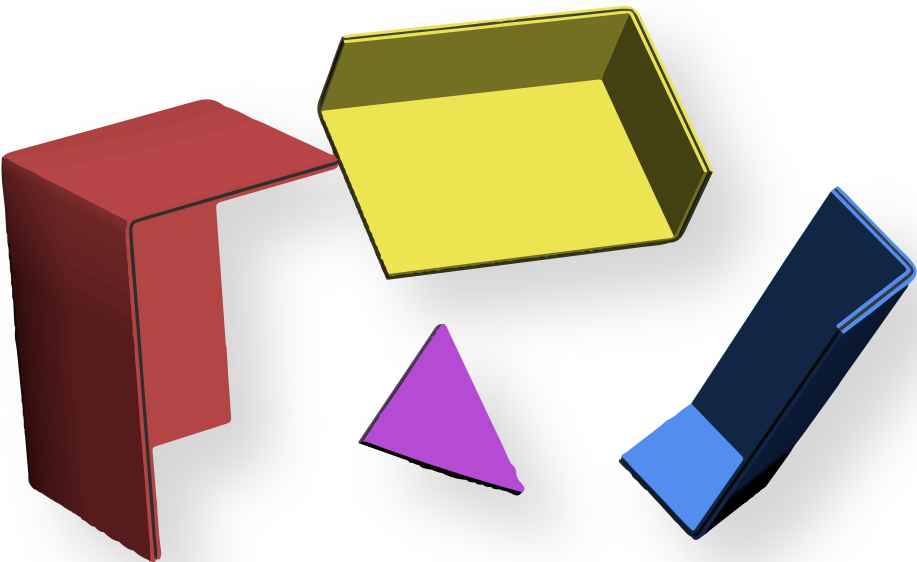
Once broken up, the user has to build it again by joining the elements which acts as a distract and engage activity.



A 5x5 cm cube, hard rubber material



Break it into elements



The elements are joined using magnetic strips at the edges.

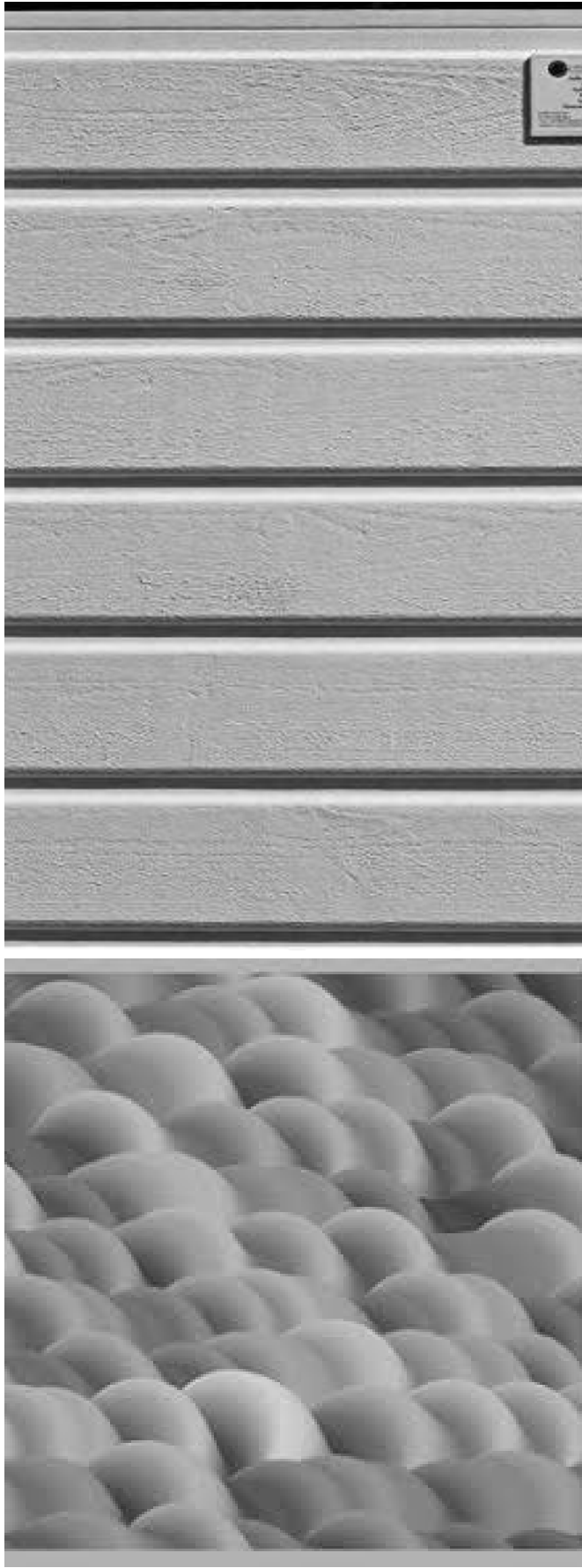


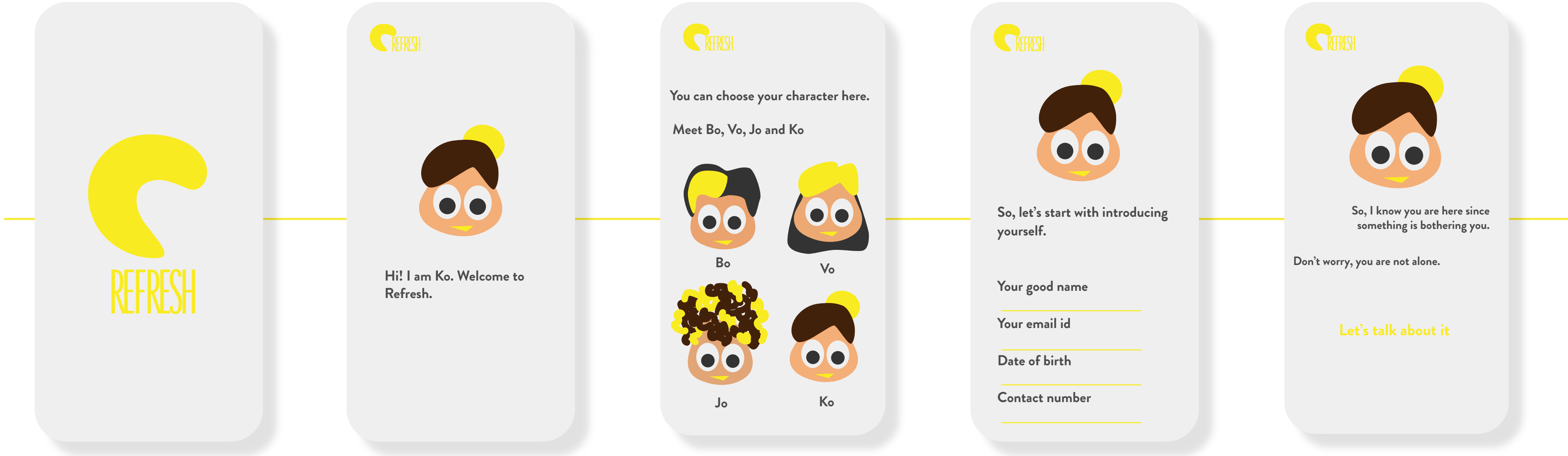
The elements are of different colors and have the insides with different textures for the user to touch and feel.

Touch therapy

Texture

Color therapy

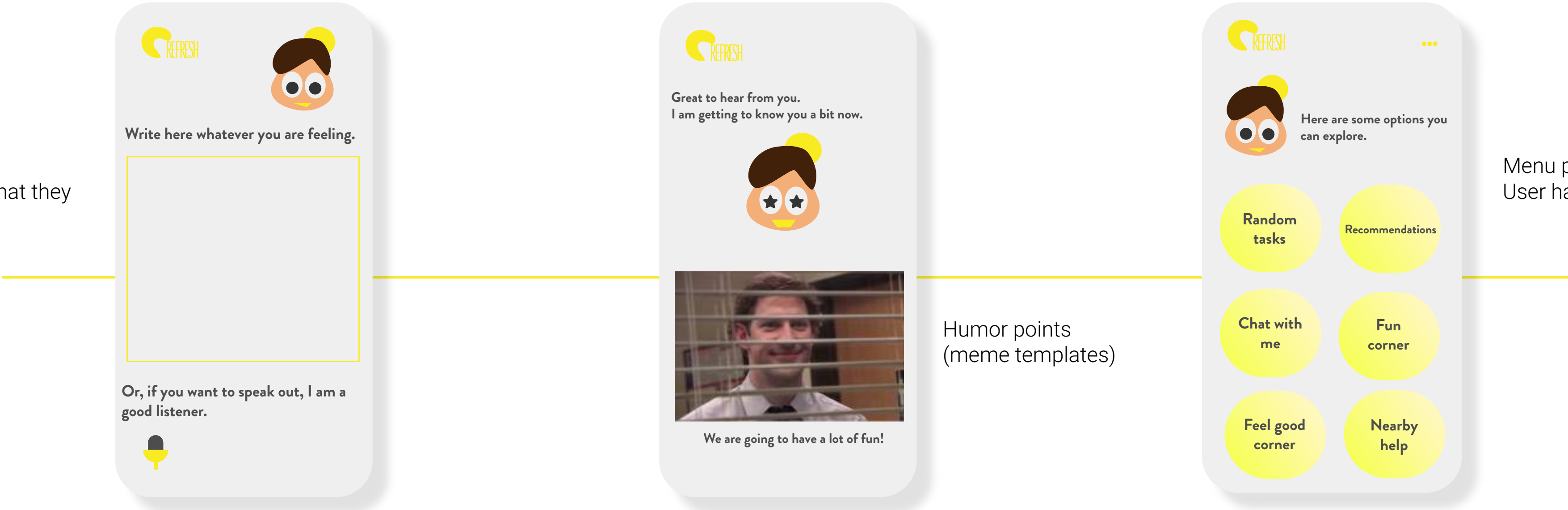




Introduction page:
App opens up with the introduction of the ECA (Embodied Conversational Agent)

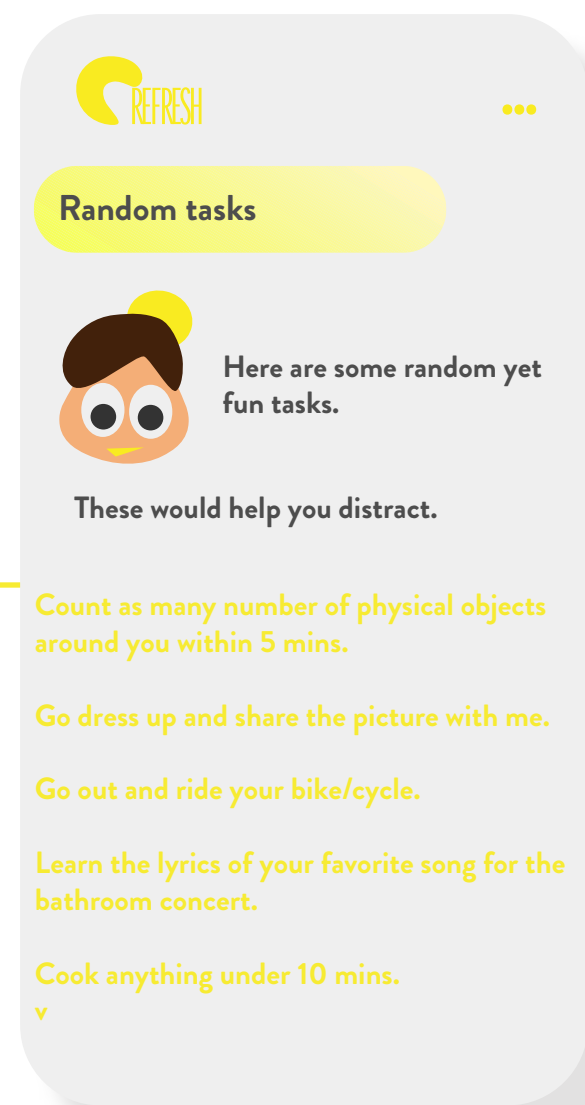
Profile page:
App asks for the details of the user.

Sharing page:
App asks the user to share what they are going through.

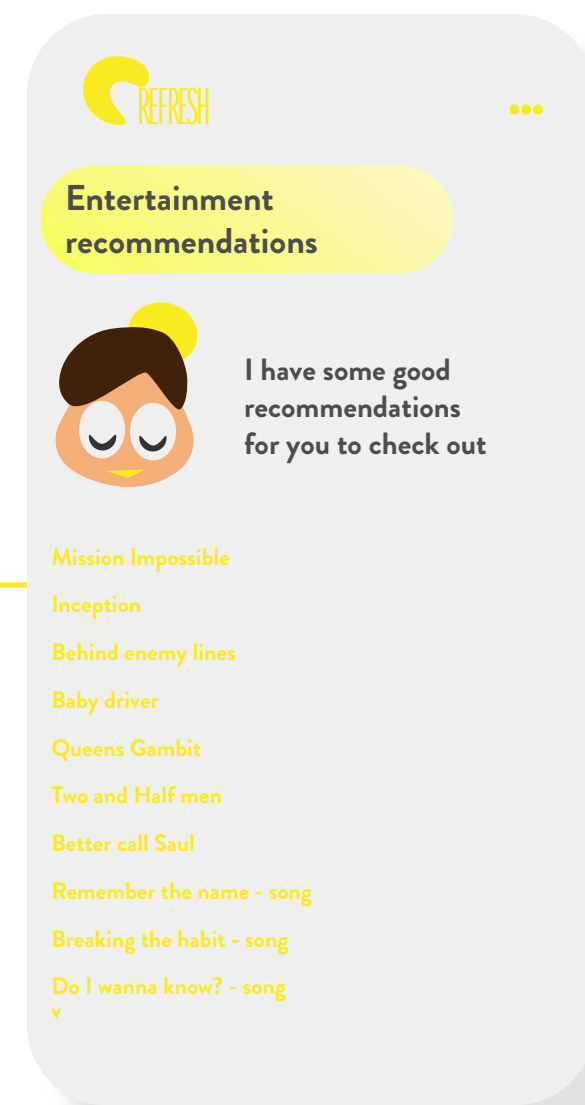


Humor points
(meme templates)

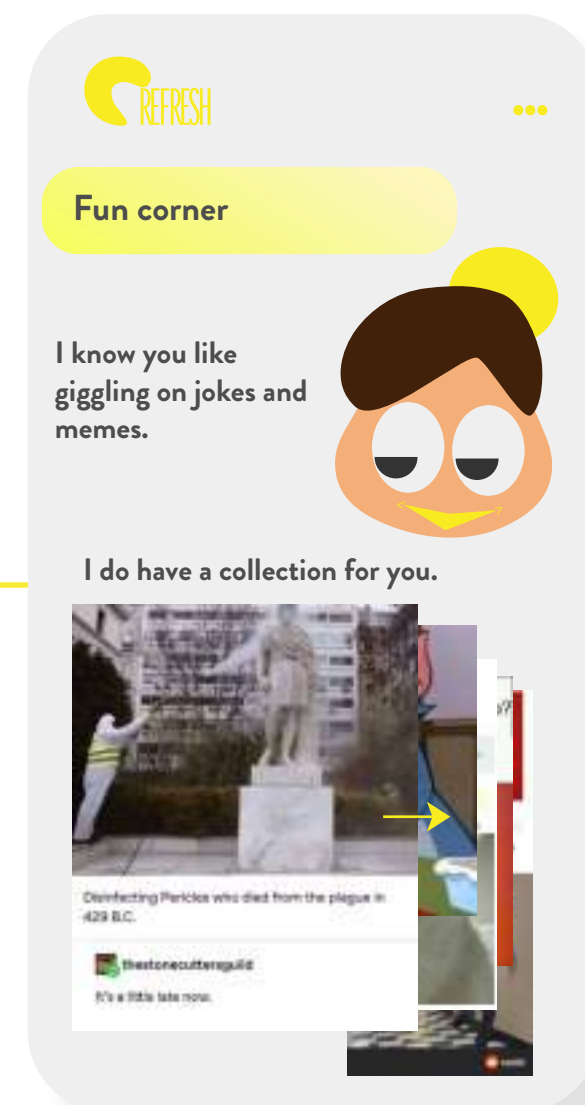
Menu page:
User has various options to try out.



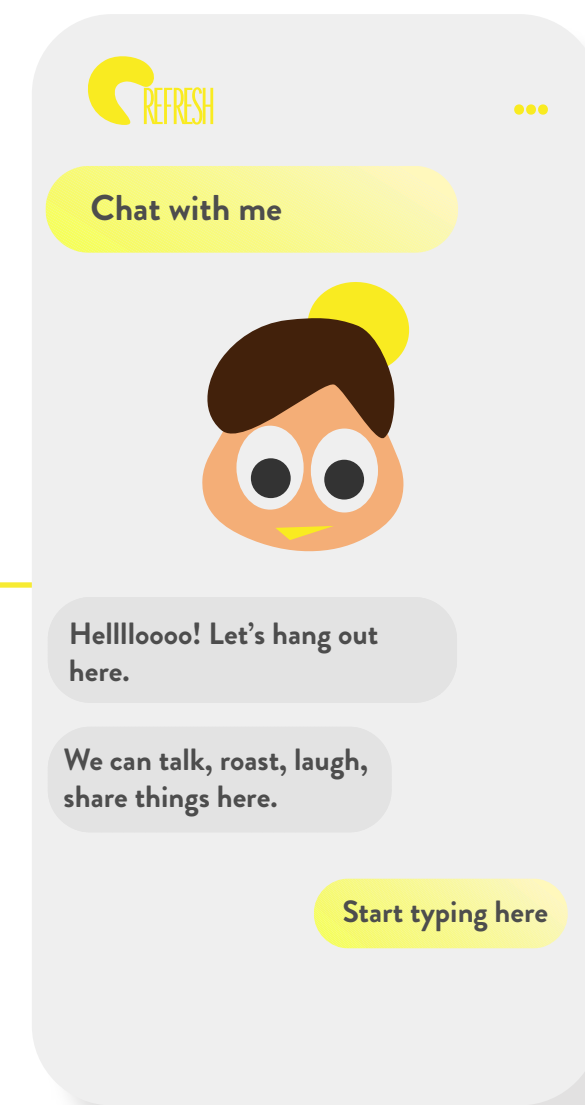
Random tasks.
Helps the user distract and engage with their surroundings.



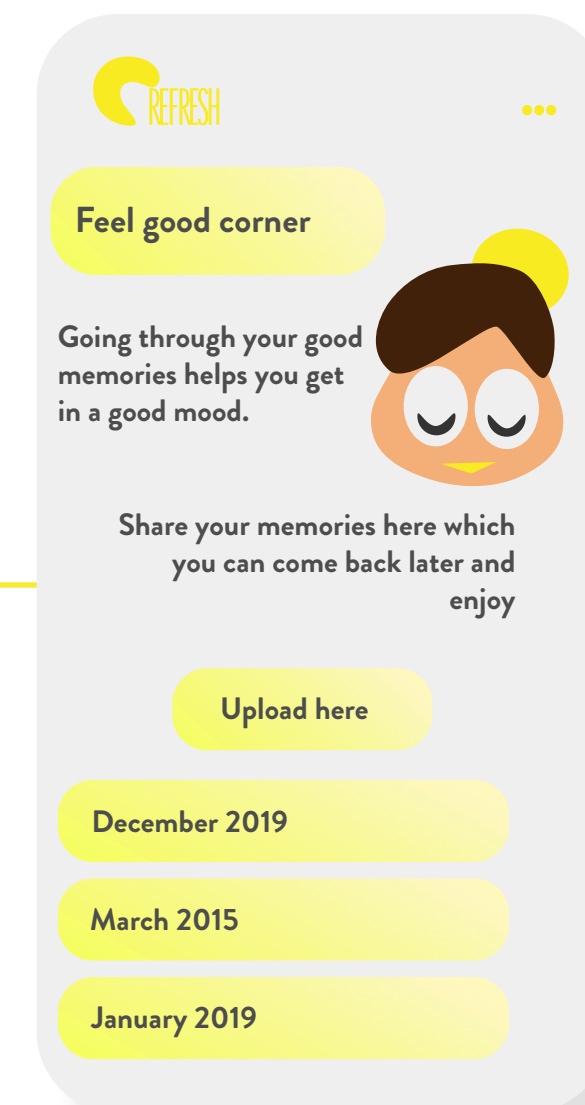
Entertainment recommendations.
App uses the direct methods of entertainment and recommends the content.



Fun corner.
App uses humor here by means of memes and jokes from the internet.



Chat with me.
A platform for the user to chat with the ECA.



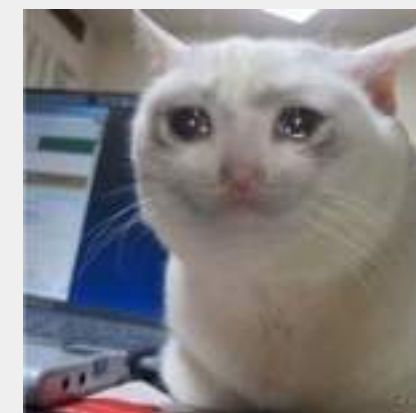
Feel good corner.
App asks the user to upload their good memories and acts as an archive folder that the user can visit and view anytime later.

Quote pages:
Appears between the actions of the main content pages

It doesn't matter what others are doing. It matters what you are doing.

People are going to judge you anyway. So forget everyone else and be yourself.

Notification pages:
Random notifications with a touch of humor.



Why don't you do try out the tasks



You are making quite a progress



I don't see you quite active here



Our servers are down today.